



Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries, and baked goods, and they're high in copper, manganese and calcium. Toast in a dry frypan to bring out their subtle nutty flavour.





Bulk it up!


Top the stir fry with a fried egg to bulk it up. Add sliced water chestnuts or bamboo shoots to the stir fry for an extra layer of texture and a refreshing crunch.

Sesame Chicken Noodle Stir Fry

Quick, easy and colourful! Crispy chicken schnitzels served over a sesame and honey noodle stir fry.

 25 minutes

 4 servings

 Chicken

Per serve: **PROTEIN** 35g **TOTAL FAT** 25g **CARBOHYDRATES** 42g

FROM YOUR BOX

SPRING ONIONS	1 bunch
YELLOW CAPSICUM	1
SNOW PEAS	150g
CHICKEN SCHNITZELS	600gs
GARLIC CLOVES	2
HONEY	2 shots
SESAME SEEDS	1 packet
EGG NOODLES	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Add hoisin or oyster sauce to the sesame and honey mixture for a deeper flavour in the stir fry.

Spice up this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!

No gluten option - noodles are replaced with rice noodles. Cook according to packet instructions or until tender.



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1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil. Slice **spring onions** (reserved some sliced green tops for garnish) and **capsicum**. Trim **snow peas** and slice as desired.

Coat **chicken** with **oil, salt and pepper**. Add **2 tbsp cornflour** to a plate and press chicken into flour to coat.



4. COOK THE NOODLES

Add **noodles** to boiling water. Cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



2. MAKE THE SAUCE

Add crushed **garlic, honey, sesame seeds, 2 tbsp soy sauce** and **1 tbsp vinegar** to a bowl (see notes). Stir to combine.



5. STIR FRY VEG & NOODLES

Add veggies to pan over heat. Add extra **oil** as necessary. Stir fry for 3-4 minutes until veggies begin to soften. Add cooked noodles and 1/2 prepared sauce. Toss to combine. Season to taste with **soy sauce** and **pepper**.



3. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken and cook for 4-5 minutes each side or until golden and cooked through. Remove chicken and keep pan over heat for step 5.



6. FINISH AND SERVE

Slice chicken.

Divide stir-fried noodles among bowls. Top with chicken. Drizzle over remaining sauce and garnish with spring onion green tops (see notes).

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